Ottawa metro

INTERNATIONAL REFUGEE DAY

A glimpse into the lives of displaced people

metroNEWS

Your essential daily news | MONDAY, JUNE 20, 2016

High 33°C/Low 15°C Mix of sun and clouds

JUST BEACHY

More scorching weather ahead

metroNEWS

Juliet Backlumb, 5, visited Westboro beach Sunday with her dad and grandfather for Father's Day. Beaches in the city officially opened June 18, in time for a hot weekend. HALEY RITCHIE/METRO

Family displaced by fire seeking answers

GOFUNDME

Pair accused of collecting items under false pretenses

Joe Lofaro
Metro | Ottawa

After her home was destroyed by a two-alarm kitchen fire just days before last Christmas, Sandra Pescar said she was overwhelmed by the outpouring of support for her and her two adult sons and future grandson.

But nearly six months later, she is now apologizing after some items that were supposed to go to her family ended up in the hands of two neighbours, according to Ottawa police.

Police arrested Jennifer Saikaley, 38, and Pierre Saikaley, 44, last week and charged them with three counts of obtaining property by false pretense not exceeding $5,000 and one count of conspiracy to commit an indictable offence.

The allegations have not been tested in court.

On a GoFundMe page created to raise funds, a post from a "Jennifer Saikaley" still appears online asking for donated items to be delivered to her address to pass on to the family.

As time went on, Pescar knew something wasn't right when someone asked if her son liked the new PS3 she donated to her.

"So I told them, I said, 'I'm sorry, what PS3?' That's how everything came out," Pescar said in an interview Sunday.

"I am really, really grateful to everybody. I am sorry for everything that happened."

She said she has never met the two accused and is waiting for police to update her on the case.

She did receive some items — dishes, clothes, and gift cards — because they were delivered directly to her, she said.

> **It's kind of a sad world.**
> Kevin Joanisse

The online fundraiser also raised more than $4,000, she added.

Kevin Joanisse, a family friend who created the GoFundMe page, said it was discouraging to hear the allegations from police.

"It's kind of a sad world," he said.

"If what is alleged happened, it's a s---y deal that somebody would sit there and say they're there to help out and then work around the system and find a way for it to benefit them."

Now living in a new rowhouse unit, Pescar said the fire was a "total nightmare," but wants the public to know she appreciates everyone's donation — whether she received it or not.

"It was like a gift from God."

metro NEWS

Your essential daily news

Britain's stay-or-go campaign enters the home stretch. **World**

5 THINGS TO WATCH FOR AT CITY HALL THIS WEEK

Lucy Scholey
Metro | Ottawa

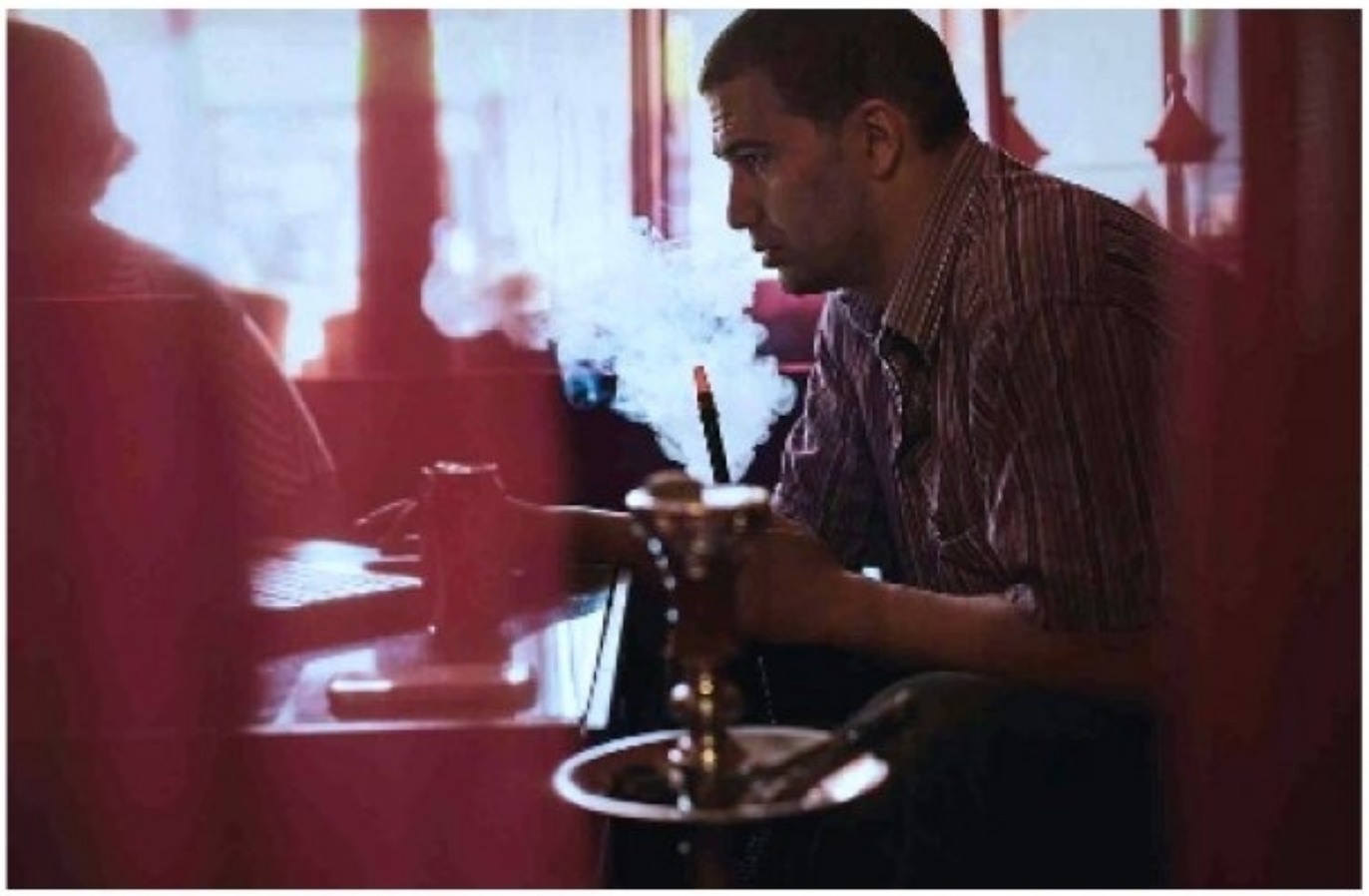
The hotline's likely to bling and bring plenty to chew over, while using hookah pipes outdoors may go up in smoke...

1 I know when that (fraud) hotline bling

From employees abusing sick leave to stealing street signs, you can expect interesting tidbits out of the fraud and waste report. Auditor General Ken Hughes will comb through the incidents reported through the city's waste hotline in 2015. In last year's report — which looked at the incidents in 2013 and 2014 — 16 calls ended in an employee firing. Others were given written or verbal warnings. Some complaints can be bizarre — last year, one employee was accused of holding a dog and smoking while driving a city vehicle.

2 Hookah hoopla

The city is inching closer to banning water pipes in public and enclosed spaces. On Monday, the board of health will debate a new bylaw that would prohibit hookah users from using on patios and stands in the ByWard and Parkdale markets. Hookah café owners could also face fines for allowing patrons to use the shisha pipes. If council approves the bylaw, a "warning phase" would go into effect on Dec. 1. Bylaw officers would then start issuing tickets on April 1, 2017.



3 Mental health

Mental health care advocates may be tuning into the board of health meeting on Monday night. The city is expanding on its 2015 plan on suicide prevention, reducing the harms of prescription medication like opioids, and mental health awareness campaigns, particularly in the workplace. The meeting starts at 5 p.m.

4 Stashing the cash

The City of Ottawa may keep details of a cash-mishandling audit under wraps. The audit makes at least 25 recommendations to control cash handling at the Laurier Client Service Centre. But Auditor General Ken Hughes recommends keeping nine of them secret for security reasons. The city started investigating after two reports to the fraud and waste hotline (see point number one) alleged two "cash discrepancies," according to a report.

5 More bus changes

Anyone who rides transit through Westboro and Tunney's Pasture should double-check their schedules this week. The Transitway from Merton Street to Tunney's Pasture station will close on Friday at 7 p.m. until Sunday for light rail construction. Buses will travel along Scott Street instead. Starting Monday, several routes will be affected, including the 6, 16, most of the 60s, 70-71 and 77.

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PROUD TO INTRODUCE DEEP OSCILLATION THERAPY IN OTTAWA

Sweaty fans complain about heat at TD Place

SAFETY

Child at venue suffers from heat stroke

Joe Lofaro and Emma Jackson
Metro | Ottawa

A Toronto father says he'll "never" go back to TD Place after his son suffered heat stroke during Saturday's sold-out UFC event.

"(The heat) was unbearable, to say the least," said Rami Ahmed, who drove up from Toronto Friday with his eight-year-old son, Eesa, to attend the event.

Ahmed and his son found a cool hallway and Ahmed alternated ice packs on his son's head, chest and back till he came around an hour later.

That wasn't much use to Ahmed, who said Eesa barely made it through the preliminary fights before he was so sweaty and lethargic they had to leave the stands.

They tried to go back in to catch more fights, but it was just too hot, Ahmed said. In the end, they left without seeing their favourite fighters, Rory MacDonald and Donald Cerrone.

"(Eesa) was sad, he was a bit ticked off," Ahmed said. "But there wasn't much argument out of him, he was exhausted."

More than 10,500 fans packed TD Place for Ottawa's first-ever Ultimate Fighting Championship event Saturday night, which included a highly anticipated match between Canadian Rory MacDonald and Saturday's welterweight champion, Stephen Thompson.

Stephen Thompson, right, kicks to the body of Rory MacDonald during UFC welterweight bout in Ottawa on Saturday.
THE CANADIAN PRESS

But as the fights heated up, so did the arena – prompting the crowd to chant "We want A/C!" several times throughout the night. A video of the chant was posted to Twitter Saturday evening.

In a brief statement to Metro, the Ottawa Sports and Entertainment Group (OSEG) said TD Place did have air conditioning, but it wasn't operating at full capacity.

"For the first time in the 40-year history of the arena, TD Place had air conditioning (Saturday). It was 60% operational for UFC and will be up to 100% in the coming weeks as the project is completed," said spokesperson Graeme Ivory.

> **We were definitely sweaty and gross.**
> Ottawa fan Nic Horne

Other fans took to Twitter throughout the event to complain about the heat.

"Seriously turn on the a/c about to faint here CC @ufc @danawhite @Sholler_UFC," tweeted Twitter user @Its__Qasim.

Brett Stoner tweeted, "@TD_Place pleeeeease turn on the a/c, we're melting #ufc #ufcottawa."

Ottawa resident Nic Horne told Metro he wouldn't be rushing back to a summertime event there anytime soon – at least, not until they fix the air conditioning.

"We were definitely sweaty and gross," said Horne. "There was definitely an odour in the building."

Ahmed questioned whether TD Place should have put on such a big event in the summer heat in the first place.

"If you know the A/C is only 60 per cent at this point, was that a smart decision?" he said.

TD Place couldn't be reached for comment beyond their initial statement.

Ottawa Paramedics were on site at the arena but did not respond to any heat-related incidents, according to superintendent Keith Buchanan.

It's not clear if the temperature had any impact on the fighters. UFC officials could not be immediately reached for comment.

Fans still enjoyed the event despite the uncomfortable heat.

"#UFCOttawa even with the heat, great experience overall thank you!!! Definitely come again @ufc," said Jay Kitts on Twitter.

Full report of the fight metroSPORTS

ENTERTAINMENT

Senators release schedule

Haley Ritchie
Metro | Ottawa

The Ottawa Senators released their seven-game preseason schedule on Sunday, including two home games at the Canadian Tire Centre.

Fans can catch two games here: against Montreal Oct. 1 at 3 p.m.; against Buffalo Oct. 7 at 7:30 p.m.

Other dates, the team will be travelling, playing the Toronto Maple Leafs on Sept. 26 in Halifax, Buffalo Sabres in Buffalo on Sept. 27, Montreal Canadiens on Sept. 29 in Montreal, Winnipeg Jets on Oct. 3 and Toronto again in Saskatoon on Oct. 4.

Fans impatient for the preseason will have a chance to watch a World Cup game. It will take place during training camp and fans can see an exhibition game between Team Canada and Team U.S.A. Sept. 10 at Canadian Tire Centre.

Last year the Senators failed to make the playoffs for the second time in three years and general manager Bryan Murray stepped down. Murray was replaced by former assistant general manager Pierre Dorion. Head coach Dave Cameron and the coaching staff were fired two days after.

In May, the Senators named Guy Boucher the franchise's 12th head coach, replacing Cameron. Last week Rob Cookson was named assistant coach.

No matter what, Ottawa will still be bringing home the Stanley Cup next year. The city is planning a four-day celebration to celebrate the Senators' 25th anniversary.

Events include a hockey exhibition at the Canadian History Museum, a chance to see the Stanley Cup at Rideau Hall, former NHL players visiting and a special concert.

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Injection sites must be spread around: Fleury

HEALTH

Councillor ready for site but wants more than one

Lucy Scholey
Metro | Ottawa

An Ottawa councillor says he welcomes a supervised injection site downtown — but only if there are similar services across the city.

On Monday, Rideau-Vanier Coun. Mathieu Fleury and five other councillors on the board of health will debate a staff report that recommends opening a supervised injection site in the city.

Given that the Sandy Hill Community Health Centre has already consulted on its plan to provide such a service, a supervised injection site will likely go in his ward.

"I can support a model that is holistic, that makes sense, that supports a drug user in their community, and if that means they're in my community, for sure," said Fleury.

"But I don't want drug users from across the city to come to our location."

In the report, medical officer of health Dr. Isra Levy says supervised injection sites are an "effective, well-researched and evidence-based treatment option that have a place in any comprehensive approach to working with people who inject drugs."

Apart from introducing the service, he's recommending the city expand on existing harm reduction programs and hold public consultations in the late summer and fall.

Rideau-Vanier Coun. Mathieu Fleury and five other councillors on the board of health will debate a staff report that recommends opening a supervised injection site in the city. EMMA JACKSON/METRO

According to the report, the Ottawa Public Health (OPH) mobile van unit responded to more than 900 drug-related calls in Rideau-Vanier in 2015. That's almost one-third of all calls.

But it's not the only ward that has seen overdose issues. OPH responded to a call in every ward at least once last year. Somerset and River wards each recorded over 400 visits.

Mayor Jim Watson has long maintained that he would rather see the focus on addiction treatment, rather than introducing a supervised injection site in Ottawa.

Ottawa police Chief Charles Bordeleau has also expressed opposition to the model and said he has yet to be presented with a plan that would address public safety concerns about introducing such a site to the neighbourhood.

Vancouver was the first North American city to open a government-approved supervised injection site in 2003. Vancouver Coastal Health recently announced a plan to open five more.

Meanwhile, the Toronto and Ottawa Supervised Consumption Assessment study recommends two injection sites in the city.

WITH FILES FROM MATT KIELTYKA

> "I don't want drug users from across the city to come to our location." Coun. Mathieu Fleury

THE NUMBERS

Ottawa's drug use breakdown, according to the report:

- 70 per cent of people who inject drugs have hepatitis C, compared to 0.35 per cent of the general population.
- 10 per cent of injection drug users are HIV positive, compared to 0.71 per cent of the general population.
- According to the 2014 Harm Reduction Needs Assessment, 25 per cent of surveyed injection drug users said they always or usually injected in a public space in the previous six months.
- 74 per cent of the 215 people surveyed said they would use a safe injection site in Ottawa.
- According to a Forum Research poll, 54 per cent of Ottawa residents are in favour of a supervised injection site, while 37 per cent are against the idea.
- In 2014, 13.9 per cent of people who injected drugs said they used a previously-used syringe.
- 71,000 people have an opioid prescription.
- Not including cannabis, anywhere from 23,600 to 46,900 people in Ottawa use illicit drugs or opioids for non-medical purposes.

QUEEN'S PARK

Province preps for legalized weed

The Ontario government is quietly gearing up for legalized marijuana sales, Torstar News Service has learned.

With Prime Minister Justin Trudeau set to allow recreational cannabis use as early as next year, Queen's Park has begun work on how distribution and retailing will eventually be handled.

Finance Minister Charles Sousa says a working group has been struck comprised of bureaucrats from his department, the Ministry of Health and the Ministry of the Attorney General.

"We're working with the feds. With their commitment to legalize, regulate and restrict access to marijuana, we are going to work with them," Sousa said in an interview.

"We're guided by their commitment, but at the same time we're having an across-ministry working group. We've got senior officials involved. We've begun some research and background (work) already in terms of what Ontario's approach should be," he said.

100

There are more that 100 illegal dispensaries now operating in Toronto with more popping up weekly despite a recent police crackdown.

"But it's complex. There's different viewpoints. There's different inputs from several ministries. We're at it. We're close. But I don't want to jump the gun on any of this stuff ... because I want us to take a steady approach as to what's ultimately going to take place."

Echoing Premier Kathleen Wynne, who advocates for marijuana sales to be restricted to provincially owned LCBO stores, Sousa said he wanted "to send out the signal" that the era of storefront weed dispensaries is soon coming to an end.

"I, at least, don't see that being the distribution mechanism. It's going to have to be controlled," the treasurer warned. "Marijuana possession and trafficking, it's illegal. Medical users are authorized, but under federal law all marijuana storefront dispensaries are illegal, too."

Medicinal marijuana is only legally available with a prescription from a medical doctor and supplied by one of 31 federally licensed producers who must deliver the drug via registered mail. TORSTAR NEWS SERVICE

TRANSPORT

Free shuttle to help sinkhole businesses

Haley Ritchie
Metro | Ottawa

On Sunday the city offered suburban residents a free shuttle downtown to support businesses hit by detours and construction around the Rideau sinkhole.

"Detours can be off-putting for those who aren't familiar with the area," said Katherine Solomon, spokesperson for the Byward Market BIA.

Solomon said a few businesses have reported decreased sales and the BIA reached out to the city for ideas. They responded with an offer to subsidize free two-hour parking on two Sundays in the newly opened Clarence Street garage and a free OC Transpo shuttle bus from Trim, Eagleson and Fallowfield.

Mayor Jim Watson said the support will cost the city around $40,000 for two Sundays, to come from the city's parking reserve fund. The parking and shuttle will be offered again on June 26.

IN BRIEF

Bluesfest stint cancelled
Rock band Death From Above 1979 has cancelled its Bluesfest appearance after its tour with fellow rockers Awolnation fell apart. The band tweeted last week that "the whole tour toppled like Jenga."
EMMA JACKSON/METRO

Champs chew up Cuba
The Ottawa Champions lived up to their name against the Cuban National Team, winning their three-game series 2-1 on Sunday.
EMMA JACKSON/METRO

RIDEAU LRT

Station not slowed by collapse issues

Emma Jackson
Metro | Ottawa

The cavern for the future Rideau Station is complete, despite a massive sinkhole that flooded the unfinished light rail tunnel with water June 8.

The station cavern had been close to completion — 99 per cent, according to the city — days before Rideau Road collapsed.

But the cavern itself wasn't affected by the sinkhole, staff said, so work was able to continue. It hit the milestone last week, a newsletter on LRT progress said.

All three station caverns along the 2.5-kilometre light rail tunnel downtown are now excavated.

There's still 50 metres of tunnel to dig out west of Rideau Station, though, and that's where the sinkhole has caused a problem: The street's broken watermain caused flooding up to 2.5 metres down below.

Crews suspended excavation while they pump it out.

Four units at this Orleans townhouse were destroyed in a fire Saturday afternoon.
COURTESY SCOTT STILBORN/OTTAWA FIRE SERVICES

Firefighters kept busy over weekend

EMERGENCY SERVICES

Orleans row house blaze caused $1.3M in damages

Emma Jackson
Metro | Ottawa

Ottawa firefighters had a busy weekend as they responded to several major fires across the city.

Thirteen people were displaced Saturday afternoon after an air conditioner caught fire at an Orleans row house complex, destroying four of the six connected units.

Ottawa Fire Services started receiving calls around 4:05 p.m. for flames visible in a Melette Crescent backyard. The blaze was quickly declared a second-alarm fire, and the flames weren't under control until about 5:20 p.m.

By that time, it had caused about $1.3 million in damages to four of the units and their contents. According to spokesperson Danielle Cardinal, about 13 people are temporarily homeless, although no one was seriously injured. One person suffered smoke inhalation, and a firefighter had a cut on their hand.

Another second-alarm fire took place Sunday at 1841 Campeau Dr. in Kanata. Cardinal said reports of black smoke and flames came in around 11:48 a.m., but by 12:14 p.m. the blaze was under control.

Even with this "aggressive attack," Cardinal said six or seven units are likely impacted. A cause and damage estimate wasn't immediately available.

She said the two fires aren't related, and there's no suspicion of foul play. It's just coincidence that the weekend was full of fires instead of more typical summer calls, like water rescues.

"The nature of our business, it kind of leaves us different surprises," she said.

Firefighters also responded to several minor emergencies over the weekend.

A pool chemical leak at Ottawa Tennis and Lawn Bowling Club exposed one person to toxic chemicals after a piece of equipment broke down on Saturday.

Firefighters were also called to 2201 Riverside Drive around 9 p.m. on Saturday for a balcony fire on the fourth floor of a high-rise apartment.

Shortly after, the department responded to a blaze at an industrial complex on Leeds Avenue around 9:30 p.m.

Sunday morning kicked off early with a dumpster fire on Montreal Road around 5:30 a.m.

IN BRIEF

Police arrest man on gun, drug charges
An Ottawa man was arrested in two gun-related incidents Friday. Moussa Dek Osman, 29, was arrested late Friday night in an Overbrook apartment, after police tackled him as he tried to flee. He was carrying a loaded semi-automatic handgun and 180 grams of cocaine, police said. The suspect was also connected to a shooting earlier that afternoon near 1300 Meadowlands Dr. In that case, a single shot had been fired into a home before the suspect fled. No one was injured.
EMMA JACKSON/METRO

Man rescued from car
A man in his 20s was pulled from his vehicle Sunday around 2:45 a.m. after it crashed on Highway 417 near Arnprior. The man was unconscious in his vehicle, which was on its side on the on-ramp from Ottawa Road 29. According to the fire department, the man regained consciousness during his extraction, which was complete by 3:20 a.m.
EMMA JACKSON/METRO

Summer weather is here
Summer has arrived in Ottawa, with blistering temperatures reaching 33C on Father's Day Sunday and expected to continue into the work week. Environment Canada released a heat warning Sunday afternoon affecting all of Southern Ontario and Ottawa. Temperatures are expected to peak on Monday around 33C and an approaching cold front will likely bring scattered showers and thunderstorms.
HALEY RITCHIE/METRO

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Finance ministers to talk changes to CPP

RETIREMENT

Feds seeking to expand Canada Pension Plan

Kent Peterson would forgive anyone who might think he's got nothing to worry about when it comes to his retirement — or, for that matter, what happens to the Canada Pension Plan.

After all, the 27-year-old has a unionized, full-time job with the Saskatchewan Federation of Labour. Most folks would likely assume he has a robust workplace pension plan to help him save for his golden years.

Except he doesn't.

"I'm relying solely on the CPP," Peterson admitted in an interview. "I've envisioned my retirement, and it's not happy and rosy, to be honest with you."

Peterson will be watching the outcome of meetings Sunday night and Monday as the country's finance ministers try to hammer out a preliminary agreement on an expanded Canada Pension Plan — one that's likely to include higher benefits and an increase in the premiums that come off the paycheques of workers.

One central issue: whether to impose an across-the-board change on all workers and employers, or to more selectively target those Canadian workers who are the least likely to save.

Federal research has suggested the latter group tends to be under the age of 30, earns between $55,000 and $75,000 , and either doesn't save enough or lacks access to a workplace pension plan.

The federal and provincial governments are looking at a possible increase in the $55,000 cap on annual maximum pensionable earnings, which would result in both higher premiums and increased pension benefits.

THE CANADIAN PRESS

$45B
Total contributions to the Canada Pension Plan in 2015

5.3M
Total CPP beneficiaries in 2015

$19.97
Maximum individual monthly benefit payout in 1967

$1,092.50
Maximum individual monthly payout in 2016

$38.7B
Total benefits paid out to eligible Canadians in 2015

$269.6B
Total net assets of CPP as of March 31, 2015

$1.3B
Cost to operate CPP in 2015

$290B
Size of the 2016 federal budget

HEALTH

Fort McMurray's new little resident

Alex Boyd
Metro | Edmonton

The first baby has been born in Fort McMurray's hospital since the city was evacuated in early May.

Eli Danny Roy Mercer was born Friday morning at the Northern Lights Regional Health Centre weighing 6 pounds, 7 ounces. Eli is the second child for Melissa Taylor and Steven Mercer, who say they're grateful he could be born in their home community.

"It was the deciding factor for us to come home, knowing that the hospital was back up and running," Taylor said, in a press release from Alberta Health Services. "I didn't want to have my baby anywhere else."

Juanita Pilgrim, manager of the maternity/child unit, said the birth marks a return to normal for hospital staff.

"We're all caregivers, it's what we do. We're so glad to be back doing our jobs and able to support moms in labour and help bring babies into the world. Fort McMurray is our home, too," she said, in the same release.

Eli Danny Roy Mercer is Fort McMurray's newest resident. CONTRIBUTED

Emergency services at the hospital resumed on June 1, and core regional health-care services, like obstetrical, pediatric and inpatient psychiatry services, followed two weeks later.

The hospital will return to providing full comprehensive services next week, and will start bringing long-term care patients back on June 23.

Alberta Health Services said that those previously asked not to return to the city —including children under 7, and those with a chronic or acute medical condition — can now go home safely.

LGBTQ

Pride prom creates safe space for students to celebrate

Alisa Atchison, 14, says she hopes Surrey's first Pride prom encourages more students to support their peers who identify as LGBTQ. LINDA GIVETASH/THE CANADIAN PRESS

School may be out, but Alisa Atchison has one more art project to complete. The 14-year-old from Surrey, B.C., will be spending her first weekend of the summer making a butterfly-themed mask to wear to her school district's first-ever Pride prom.

"I always thought that butterflies were really free ... and they're beautiful," she said. "I want to be free and beautiful as well."

Guildford Park Secondary School's gay-straight alliance is hosting the inaugural district-wide dance on Monday evening to give LGBTQ students from different high schools a chance to meet, have fun and feel supported.

"Each student is on their own path and in a different place when it comes to self-acceptance, or being out or not ... and I think creating that safe space where you can just be who you are, whoever that is, is really, really important," said Guildford Park teacher Heather Kelley.

The idea for a dance came from students who felt LGBTQ youth do not have enough opportunities to connect.

Typical dances and events, which are exclusive to students from the same school, can feel limiting to queer students whose network of friends extends beyond school borders, Kelley said.

Having a district-wide event gets rid of the barrier and allows students to bring their dates and friends from other schools. And that includes students outside the LGBTQ community.

Yu Takahashi, 14, who volunteered to make decorations for the event, said she got involved because she sees herself as an ally.

"If I don't respect them or just reject them, they're going to feel uncomfortable and I don't feel that's right for this school or this community," Takahashi said.

The idea for the Pride prom has gained interest from across the province. Students from the neighbouring communities of Delta, Langley and New Westminster have reached out to organizers asking to attend.

While students outside Surrey are not permitted, Kelley said she hopes this will inspire other school districts to hold similar events. THE CANADIAN PRESS

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UK readies for referendum

EUROPEAN UNION

Campaign resumes after Labour MP Jo Cox's murder

Britain's long and difficult referendum campaign has resumed in earnest after a three-day halt caused by the killing of Labour Party lawmaker Jo Cox in a brazen knife and gun attack.

The death has cast a pall over the referendum set for Thursday, and its impact on the eventual results — if any — is unclear.

The campaign tone was perhaps a bit more moderate Sunday as both sides in the bruising battle over whether Britain should remain a member of the 28-nation European Union seemed to take a more civil approach.

The content remained the same: the "remain" camp predicts economic doom if Britain leaves the EU while the "leave" campaign warns of the perils of uncontrolled immigration unless Britain strikes out on its own.

Prime Minister David Cameron, leading the "remain" campaign, invoked Cox's memory as a contrast to the values of some of the "leave" campaigners, singling out UK Independence Party chief Nigel Farage for taking a negative approach.

In a newspaper column, he said Cox — who favoured EU membership, and wanted Britain to do more to help Syrian refugees — offered a hopeful vision for Britain while Farage wants to divide the country, not unite it.

"Are we going to choose Nigel Farage's vision — one which takes Britain backwards; divides rather than unites; and questions the motives of anyone who takes a different view. Or will we, instead, choose the tolerant, liberal Britain; a country that doesn't blame its problems on other groups of people," he said.

With the resumption of campaigning, including a London rally featuring former Mayor Boris Johnson, a popular "leave" figure, fresh attention was focused on a poster unveiled by Farage's supporters hours before Cox was killed.

The poster showed a long line of immigrants fleeing poverty and warfare in the Middle East and elsewhere trudging across Europe with a warning in capital letters that said: BREAKING POINT. In smaller type, it accused the EU of failing Britain.

The poster has been cited by politicians and commentators as a prime example of how jarring the tone of the referendum campaign has become.

Treasury Chief George Osborne Sunday called it "vile" and compared it to Nazi propaganda of the 1930s.

Even Justice Secretary Michael Gove, a prominent leader of the "leave" campaign, decried the poster. He said he "shuddered" when he saw it.

THE ASSOCIATED PRESS

Liberal Democrats leader Tim Farron greets supporters after arriving in the Liberal Democrat Vote Remain campaign bus, campaigning to avoid a Brexit in the EU referendum, during a launch in east London on Sunday. AFP/GETTY IMAGES

BALLOT BOX

Britain goes to the polls on June 23 to vote to leave or remain in the European Union in a referendum.

MASS SHOOTING

Orlando survivors carry scars

A week has passed since the Orlando nightclub shooting that killed 49 club patrons and the funeral processions are wrapping up, but survivors and victims' families say they realize the nightmare will live on long after the world's attention fades.

Jeannette McCoy made it out of the Pulse nightclub alive on June 12 as gunman Omar Mateen continued a shooting that also wounded and maimed 53 others before he died in a hail of police gunfire.

McCoy said the love and support can only do so much to help. It's a temporary balm, she said, and she worried that while life may return to normal for some people after the world's attention moves on, it won't for Orlando's LGBT community.

"All of this has been so traumatizing," she said. "The way that our community has been impacted, it's just so unfortunate. We have so many wonderful lives that have been lost. When we look at all these crosses, and all these faces, all these stories, it hurts. It hurts so much." THE ASSOCIATED PRESS

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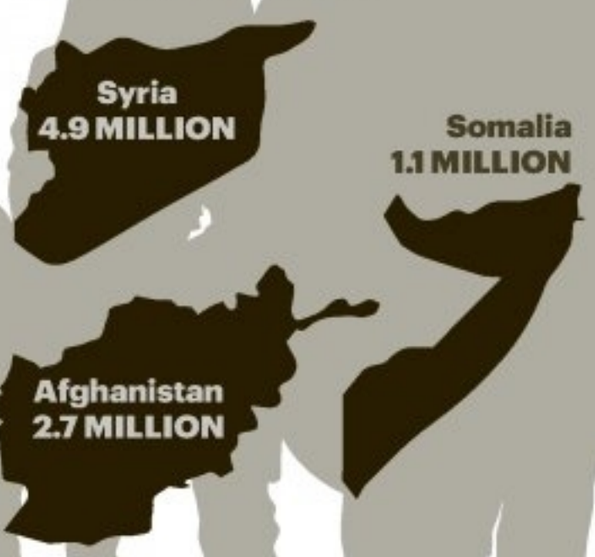
65.3 MILLION

This is the number of displaced people around the world — almost twice the size of the Canadian population.

That number is the highest since the Second World War, despite a slowing rate of increase, a new report from the United Nations Refugee Agency says. If the entire population of refugees and migrants were a country, it would be the 21st largest in the world, the report says. The numbers, and the stories of those affected around the world, paint a harrowing picture. **METRO**

WHERE ARE THEY COMING FROM?

54%
Of refugees come from these three countries



TOP HOSTS

1. Turkey 2.5 MILLION
2. Pakistan 1.6 MILLION
3. Lebanon 1.1 MILLION
4. Iran 979,400
5. Ethiopia 736,100
6. Jordan 664,100

24
On average 24 people were displaced from their homes every minute in 2015

CHILDREN

98,400
This is the number of unaccompanied or separated children. This was the highest number on record since the UN started collecting such data in 2006

51%
The percent of the displaced people in 2015 who were younger than 18 years old

GRAPHICS: ANDRES PLANA/METRO

Ifara and Ismael

Central African refugee Ifara Antoinette, 41, attempts to comfort her one-year-old baby boy Ismael shortly after he was tested for signs of malnutrition. Thousands of refugees from the Central African Republic are gathered in an encampment on the banks of the Oubangi River in Gbangara spontaneous site in Equateur province, the Democratic Republic of Congo. B. SOKOL/UNHCR

Rule — a Daesh survivor

Rule, a Yazidi woman who was kidnapped by Daesh, pictured in a northern Iraq camp. She and her two grandchildren were released in January 2015. Her 35-year-old daughter is still being held, and is believed to have been taken to be sold in Raqqa, Syria. She raised her daughter as a single mother, after her husband's death in the Iran-Iraq war 34 years ago.
A. MCCONNELL/UNHCR

Maribeth the dancer

Maribeth Palacios, 41 lives in the barrio of Altos de La Florida, Soacha in Bogota. She now works as a cook and traditional dance teacher. Maribeth was displaced from the department of Choco in Colombia, on the pacific coast. When she was 7 years old, armed guards shot and killed her mother and sister. She fled and has never returned to her home town. "I am too afraid and it has been too long," she says.
HELENA CHRISTENSEN/UNHCR

Haqmal the young scholar

This is Haqmal (centre), a six-year-old returnee from Pakistan, and his friends. He attends the Ansarul-Momineen School in, Kabul District, Afghanistan. Haqmal says he loves school. "Writing is my very best subject," he says. "I love cricket. I used to play cricket all the time in Pakistan." UNHCR

Ziad — struggling to stay warm

Syrian refugee, Ziad, 45, and his children, Tarek, 6, Mustafa, 7, and Hamzi, 3, look out from their shelter while trying to find warmth, in the Bekaa Valley, Lebanon. "We live in this tent out of necessity," Ziad said of the tent's conditions …We are trying to keep warm but as you can see we don't even have wood to burn." UNHCR

Canadian sawmills at risk as deal fades

TRADE

Analyst sees U.S. imposing at least 25% duty on lumber

Canadian jobs and sawmills across the country are increasingly at risk because of fading prospects they will avoid a new round of U.S. duties on imported softwood lumber, according to an industry analyst.

RBC Capital Markets analyst Paul Quinn says he expects the United States will impose duties of at least 25 per cent in mid-2017 and that will put pressure on Canadian producers. "There'll be mills shut right across Canada because nobody's making the kind of money that they'd have to pay in the duties," Quinn said.

He expects five mills to be affected in British Columbia.

Quebec-based producer Resolute Forest Products said jobs would also be at risk if Canada accepts a U.S. proposal that would put a 24 per cent quota on Canadian imports.

"We don't have a big enough market in Canada to sell our product and so what ends up happening is there is a greater risk of capacity having to be closed," said spokesman Seth Kursman.

The company, which operates about 20 sawmills in Canada, believes the federal government should push for free trade because Quebec's forestry system is now market-based and Ontario subsides are inconsequential.

"We believe that Canada shouldn't be rushing to the U.S. and asking for an agreement. Canada is negotiating against itself right now."

THE CANADIAN PRESS

Sawmills across Canada could shut down if the U.S. imposes a duties on softwood lumber, an analyst says. THE CANADIAN PRESS

Uniqlo Canada COO Yasuhiro Hayashi says Toronto is the perfect launch pad for the brand in Canada. TORSTAR NEWS SERVICE

CLOTHING

Japan's Uniqlo eyes top apparel spot

Two Uniqlo stores are slated to open in Toronto this fall, one at Toronto Eaton Centre (TEC) and one at Yorkdale Shopping Centre. Dates have not been set, but construction is well under way on the two spaces.

The stores will carry a full line of Uniqlo products, including men's, women's and childrenswear.

Toronto is the perfect launch pad for the brand in Canada, says Yasuhiro Hayashi, Uniqlo's chief operating officer in Canada, citing research conducted by the company. It's multicultural, multi-ethnic and fashion-minded, he adds.

"In Toronto, everyone has their own style," he says. "People are trying to express themselves, whereas 20-30 years ago, they wanted to look like someone in a magazine," says Hayashi. It's good news for Uniqlo, which wants to provide basics to build upon.

The stores were announced last winter as Target was circling the drain in Canada, after entering the market with an ambitious 124 locations.

At 28,000 square feet and 24,000 square feet respectively, the Uniqlo stores are five times the size of the Muji store that opened nearby in November 2014 to hoards of shoppers waiting patiently for the opportunity to spend their money on Japanese minimalist homewares.

But the stores are much smaller than the neighbouring competitor it hopes to one day beat, H&M, which operates across 57,000 square feet at TEC.

Uniqlo's parent company, Fast Retailing, has declared it wants to become the world's leading global apparel company. According to its own data, it is currently in fourth place, behind Inditex (Zara), based in Spain, Hennes & Mauritz (H&M) in Sweden and Limited Brands in the U.S., which operates a stable of brands including Victoria's Secret.

Almost uniquely, Uniqlo does not target a particular market. There is no talk of millennials or gen Z or boomers or lack of them during the short luncheon meeting.

Uniqlo clothes are meant to be worn by everyone. Uniqlo collaborates with designers and celebrities to produce limited edition collections.

Uniqlo also controls the entire clothes-making process, and rents store locations instead of buying them to keep costs down.

TORSTAR NEWS SERVICE

metro VIEWS
Your essential daily news
Monday, June 20, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

While cycling, I almost got doored by a passenger in a cab. I decided not to say anything, but the cyclist behind me went ballistic on my behalf. Should I have engaged the offenders? How does one do that politely?

Dear Ellen,

I am a cautious cyclist and obey all the rules of the road. But I recently nearly got doored when a cab pulled into the bike lane and the passenger opened the door to get out. I stopped in time, with my front wheel touching the inside of the car door. The passenger was surprised but nobody got hurt. I was in a mild state of shock and kept going without saying anything. Then I heard the cyclist behind me pull up and start screaming and swearing at the cab, which was also upsetting. My question is: Should I have said something? How do you effectively and politely tell the offending motorist what's what?

Signed,
Cathy

Dear Cathy,

You letter makes me love Canada, for where else could a law-abiding citizen be as upset about public profanity as with almost being killed?

The fact is, getting doored is extremely upsetting, but it can also be shocking and sometimes physically dangerous for the car driver or passenger — which can give some satisfaction to some of us. In general, in the aftermath of near-dooring, you needn't feel bad about riding off without saying anything. There are precious few times in life when a person is entirely in the right and entitled to some sharp words with someone who is entirely in the wrong, but if in the moment you choose for whatever situational, spiritual or emotional reason to believe that the door-opening party has experienced a highly teachable moment and is unlikely to repeat the mistake, with or without a verbal dressing-down from you, you're certainly within your rights to invoke the no-harm-no-foul principle.

But close shaves with cabbies might require extra corrective action. Cab drivers, of all people, ought to know the hazards cyclists are subject to. And, as drivers responsible for the safety of their passengers, they should always check the curb lane for two-wheeled traffic before allowing their charges to exit. As for those who fail in this regard, even to the point of pulling into a dedicated, delineated bike lane to disgorge a human being into the paths of hurtling cyclists — well, screaming and swearing are unlikely to educate such selfish, oblivious boobs, but I wouldn't blame any upset cyclist for trying anyway.

I myself prefer to inflict a different kind of torture to offending drivers. Any time a car cuts me off, nearly doors me or startles me with honking, I deliver a long, extremely polite lecture, in very simple language, as if I were speaking to an exceptionally stupid alien from a planet without bicycles. I find this to be a relaxing exercise that always helps to take the edge off my anxiety after someone has almost killed me.

Sometimes the exercise is more exercising than relaxing, as when, in order to deliver my helpful lecture, I have to chase the car for a block or two, then circle around to the front of the vehicle to trap them at a light, or block the driver door if they've pulled over to park. Once, when I was younger and fitter, I chased a pickup truck for at least a kilometre, and managed to catch up and confront the driver as he was getting out of his vehicle. Boy was he surprised. In fact, when I politely started to ask him why he'd almost run me over, he started screaming and swearing at me. Actually, as he started to advance on me, it was lucky I was still on my bike so I could ride away before he had time to reach me on foot or get back into his over-amped truck and chase me.

Looking back, I now see that risking my life a second time in a bid to educate a driver might not have been the wisest thing. And I probably contributed to his almost running over any number of cyclists after that.

Actually, Cathy, I think your riding off without a word was the right thing to do. Thankfully, the majority of drivers are careful and responsible around cyclists these days, so when you encounter a bad one, it's probably best to leave quietly and in one piece while you still can.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

Even by the standards of jargon, 'deep dive' is as shallow as it gets

Finance Minister Bill Morneau, rest assured, has this housing marking crisis under control. You can tell by his evocative language.

"We're making sure that we have a deep dive into the information to ensure that any considerations we have for change are evidence-based," he said this week.

Deep diving is now de rigueur, it's en vogue, it's reached new heights. In the space of a day of radio broadcasting, one reporter noted medical students taking a deep dive into HIV and AIDS policy and a listener to a call-in show talked of a deep dive in post-secondary funding. And the New York Times published a recent "Deep Dive Into Benjamin Zander's 'Shining Eyes.'"

Everywhere you look, people are strapping on the intellectual scuba gear. Online slang dictionaries peg the earliest metaphoric, non-aquatic use of the term to 2009. Katherine Barber, founding editor in chief of Canadian Oxford Dictionary, hadn't yet had the pleasure of encountering this slang when I called her up last week, but it didn't take too long to confirm its soaring status.

"Yes, it is increasing in frequency in use," she said, after consulting the Corpus of Contemporary American English. "It is a buzzword, isn't it!"

Most of the recent mentions were from news reports, she noted, though we both agreed it sounded like a business term (run amok, I added).

And, of course, it's apparently already over.

The business website The Muse dubbed it a word to stop using way back in 2013: "Do you need a wetsuit for that? Why use such a metaphorical phrase when you could just say you'll investigate something?"

My thoughts exactly. Deep diving reeks of trying too hard to sound down with the lingo, and already sounds cliché. In this era of quick hits and hot takes, to promise a "deep dive" is to immediately raise suspicion about the dive's true depth. What are you doing the rest of the time, Mr. Morneau? Shallow diving with a snorkel?

Barber is kinder to deep diving than am I. "It's very evocative, right? You have an image of your head of the scuba diver going way, way down to the bottom of the ocean to look at things."

Of course, she's right. A deep dive is far more cinematic than a close look. It might work in a boardroom, where people are always circling back, working on a go-forward basis and executing actionables. But as language that's supposed to assure me we're serious about addressing the 37 per cent jump in Vancouver home prices in just the last year, for example?

I'd rather, Morneau, that you simply investigate.

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Your essential daily news

Meet Anvitha Vijay, 9, Apple's youngest developer. She learned coding at age 7 from YouTube

Workout for fighting White Walkers

HEALTH

Game of Thrones trainer offers tips for staying fit

Kit Harington's trainer knows nothing of Jon Snow.

That's because celebrity fitness expert Dalton Wong doesn't watch Game of Thrones, the HBO drama starring his client.

Though several actors from the popular fantasy epic work out at the Victoria B.C.-bred trainer's U.K. studio, Twenty Two Training, Wong doesn't care whether they defeat the White Walkers or "always pay their debts."

"People ask me a lot of questions about (the show), and I truthfully say 'I don't know,'" he says.

Wong is concerned about whether his Game of Thrones clients choose vodka-water or a pint of beer at their next A-lister party. Choosing the former is among the many fitness and nutrition tips Wong lays out in his new book The Feelgood Plan (Sterling Epicure: $24.95), written with his client Kate Faithfull-Williams, a health and fitness writer, and featuring a forward by Academy Award-winner and Wong's client Jennifer Lawrence.

Trainer Dalton Wong, seen left with Kit Harington of Game of Thrones, took reporter Jonathan Forani (above) through a Game of Thrones workout. TORSTAR NEWS SERVICE

What inspired your new book?

It's 20 years of what I've been doing, teaching people how to live a healthy lifestyle. Why people like Kit (Harington) like coming to see me is I teach them those other things that people don't really talk about — like how to go to an A-lister party, how to go to the pub, how to drink, how to go out.

What's a celeb tip for going out?

When you go to a pub, don't drink pints, drink bottled beer.

Why is that?

It's portion control. Most diet books tell you "Don't drink and don't eat chocolate." Come on, these guys are Hollywood stars. They want to go and have fun. My thing is to tell them: here's what you can and can't have, go out and have fun, make sure you're back to work and back to the gym. With that approach, you'll still look good and you'll still feel amazing.

What are some celebrity rules for eating out?

For them, if they're going out drinking, I never let them go out on an empty stomach. If they're going out to eat and they're drinking, they will probably eat a little bit less so they can have a bit more fun. If they're going out drinking, they would have clear spirits like vodka rather than whisky or rye.

Is that the celebrity drink of choice?

It's just really low calorie. What I like to tell people is if you're out and you have something very clear, no one can tell if it's sparkling water or not.

Let's talk food and the gym. Can you ruin a workout with a pizza?

Yeah. Or you go to the gym and you haven't eaten anything beforehand (mimics struggling to lift weights) — it's pointless. Lots of people put so much emphasis on the exercise and not about the food.

Should you eat before you go to the gym?

It depends. I don't. I can have a green drink and a coffee, and I don't. That's just my personal preference and I don't lift very heavy weights. If you want to lift heavy weights you do need some fuel in that gas tank. But it's not using Red Bull or (energy supplement) creatine.

TORSTAR NEWS SERVICE

THE MOVES

Reporter Jonathan Forani met with Wong to try what the Star has dubbed the Game of Thrones workout he designed for Harington. The routine features plenty of torso-twisting, similar to movements Harington might have to do on the show.

Here are a few of the exercises:

Bridge lift

On your back, with feet flat on the ground, legs in a 90-degree angle, lift the hips up towards the ceiling until the body is straight. Repeat this motion for one minute, then hold it in the bridge position for one minute.

Side to side

Then, with feet and back flat on the ground, legs in a 90-degree angle, keep the knees together and move them side to side all the way to the ground on the left and then the right. Repeat this motion 10 times.

Lunge walks

Crouched down, hands on the floor, with the left leg ahead and the right leg behind, push the left knee out, stretching the groin. Step forward with the right leg, pushing out the knee with your right elbow. Do 10 steps.

MONEY MATTERS

How frugal living helped one woman save $40K in two years

Gail Vaz-Oxlade
For Metro Canada

One of the pleasures of going on a book tour is the people I get to meet.

Let me introduce you to Jane. I met her on tour for my latest book, Money Talks. (Jane isn't her real name, you know that.)

She walked up to me, eyes sparkling, a huge grin on her face. "You saved my life!" she says very matter-of-factly.

"You exaggerate," I grinned at her.

"Only a little," she smiled back at me. "Because of you, I saved $40,000 in two years so I could buy a home."

"Wow!" I said, very impressed. "How'd you do it?"

"The first thing I did was quit smoking," replied Jane.

"I watched you flush that guy's cigarettes down the toilet a bunch of times and then I did it."

Jane saved just over $7,000 in two years just doing this.

"I opened up a savings account and called it 'Not Smoking' and every week I moved the equivalent of what would have gone up in smoke into savings."

She also started to carpool.

"And I started making my trips really count by doing all my errands at once.

"I figure I was saving about $25 a week in gas alone never mind the maintenance on my car."

Then when Jane's car payment ended, she channelled the money from the car payment into her savings.

"I was spending $372.27 a month on my car loan. So I opened up another account and called it 'Car Savings' and ended up with $9,450 in it."

Were there any downsides to her rabid savings plan?

Yup. There wasn't a lot of going out. And because she took in a student as a roomie, there also wasn't a lot of privacy. Was it worth it?

"It sure was. My roommate saved me $400 a month on my rent. And I saved about $270 a month on entertaining myself and my daughter, Julia, at home."

"Let me guess," I said, "another savings account."

"Yes ma'am," said Jane.

"How much?"

"$6,880."

"You're still a long way of $40K," said I.

"Not so long" said Jane. "I had some help. I told anyone who would normally give me a present for my birthday or for Christmas to give me $20 instead to help me get the best present ever: a home of my own."

Another account?

Yup.

"I have wonderful parents who really wanted to help. My father had a huge garage sale and added it to my House Savings account."

How much? $1,200 in two years. Nice family and friends!

She saved the rest by only shopping for her daughter in secondhand stores, brown-bagging it at work, switching from coffee to tea, and she also stopped buying books and renting movies. She and herdaughter go to the library Saturdays.

"It's entertainment and we get to bring home stuff."

"Well done," I said.

"Thanks," she smiled. "I couldn't have done it without you."

Actually, she could have, but I was glad to have helped.

For more money advice, visit Gail's website at gailvazoxlade.com

YOU CAN DO THIS WELDER

'Overall, welding is an artistic trade'

WHY I LIKE MY JOB

Emily Vickers, 26, Pipe Welder/ Welding Inspector at Westlake Industries, Burlington, Ont.

I always knew I wouldn't have a traditional job, and when I started welding I thought, 'This is it!'

At the age of 22, I researched where the jobs were before I decided what I wanted to be. I decided to enrol in a year-long welding course at a private trade school. I had never worked with tools before, but the program helped me prepare for government-regulated tests in structural beam welding and simple piping.

Currently, I am responsible for welding process piping for stainless, carbon and chrome pipelines. It is my duty to make sure all pipes are rigged and welded seamlessly to be deemed safe for use in the field. The experience you gain on each job is new and relevant each time. I will never stop learning.

I personally see more women getting into the welding industry each year, which I find very exciting. In my experience, women often have a better eye for detail and, dare I say, make the better welder. The job can be physically demanding, but that doesn't mean that women are incapable.

Overall, welding is an artistic trade. I enjoy my job because at the end of the day I can look back and say, 'I built that.' But I'm no starving artist; I was able to walk away from my apprenticeship debt-free, with money in the bank. I am buying my first home this week!

THE BASICS: Welder

$51,193

$51,193: Median salary of welders in Canada, with an average wage of $22.86/hour. An apprentice will start at a lower rate but gradually earn more as they pursue their journeyperson certification. Advanced welders can make upwards of **$85,000** annually.

+5%

The amount of growth expected in this field over the next 8 years.

Data for this feature was provided by payscale.com, academycanada.com, jobbank.gc.ca and onetonline.org.

HOW TO START

A combination of over three years of work experience and post-secondary certification is typically required to be considered a qualified welder in Canada. Students can fast-track into an apprenticeship following a one-year welding techniques certificate program; however, colleges with two-year welding technician or inspection programs also serve as a common route to employment. Most programs provide hands-on training in equipment operation, fuel brazing, blueprint reading, safety compliance and various welding methods.

WHERE YOU CAN GO

Certified welders can expect to find work in a number of environments, including paper mills, ship yards, steel fabrication shops, construction sites and refineries. The recent surge in urban construction has sparked a particular demand for workers who specialize in piping systems. Those with the capacity to work with high-tech welding applications and programmable electronic equipment may find more opportunities for speciality work and career advancement.

NEXT CAREER STEP

Since so many professional industries rely on welders, the trade promotes professional development in several ways. With experience, a certified welder may opt to become a welding inspector, underwater welder, shop supervisor or sole-proprietor. Accredited journeypersons may also qualify for the Red Seal endorsement, enabling workers to practice welding in any province.

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Storied Kingston

Kingston is Canada's first capital and Ontario's oldest city, so as you can imagine, it has a rich history worth discovering.

CONTRIBUTED

Reliving Fort Henry

A visit to this historic site and museum will plunge you right into the heart of 19th century military life.

Tour the museum

Take a self-guided tour and discover the people who helped shape Canada's history, using interactive modules to learn more about the site.

Watch the Guard march

The Fort Henry Guard, comprised of university student recruits trained as British soldiers from 1867, perform every day at 3 p.m.

Haunted Walk of Kingston

It's a spine-tingling way to unearth Kingston's mysteries. During a 90-minute walk by lantern light, the city's ghosts help uncover hidden cemeteries and other frightful secrets.

Historic walk along the Waterfront Pathway

This eight-kilometre trail along Lake Ontario features fascinating historic sites.

Bellevue House National Historic Site (35 Centre Street)

The home of Canada's first prime minster, Sir John A. Macdonald, this landmark has been completely restored in the style of the 1840s. Learn about the life of one of the country's founding fathers from interpretive staff dressed in period costumes.

Fort Frontenac (1 Ontario Street)

Walk along the ruins of this fort built in 1673, which has been destroyed and subsequently built again numerous times. The scene of many battles, it features sections of the limestone curtain walls still standing — the last visible vestiges of the fortress.

CONTRIBUTED

CONTRIBUTED

Antiquing

What better way to follow up your historical tour of Kingston than with some charming antiquing?

Antique Alley (207B Wellington Street)

Spanning over 4,000 square feet, it is the biggest antique shop in the downtown core, staffed with eight salespeople to help you find collectibles, vintage clothes and other retro items.

End of the Thread Antique Emporium (201 Princess Street)

Not your typical antique store, this shop of wonders houses eclectic items, repurposed industrial pieces and kitschy giftware.

Transit

Kingston is approximately 200 kilometres from Toronto. Avoid the stress of driving and opt for a relaxing train ride instead. There are up to 15 daily departures between Ottawa and Kingston. Enjoy friendly service and free Wi-Fi.

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metro SPORTS

Andy Murray claimed a record fifth title at Queen's Club Sunday as he recovered from a set and 3-0 down to beat Milos Raonic 6-7 (5), 6-4, 6-3

MacDonald left wounded by dominant Wonderboy

UFC

Nose of Canuck fighter opened up again in decision loss

Rory (Red King) MacDonald arrived at the post-fight news conference in the wee hours Sunday at TD Place in Ottawa with an ice bag and a white towel that grew increasingly crimson every time he touched it to his battered face.

His face was a road map of abrasions above a stylish dark jacket and black shirt. Prior to facing Stephen (Wonderboy) Thompson in a matchup of top UFC welterweight contenders, the 26-year-old MacDonald predicted a technical fight that featured bloodshed. He was right on both counts.

Thompson, a former world champion kickboxer light on his feet with a dizzying array of strikes, never allowed MacDonald to find his range. And in the fifth round, a Thompson attack smashed MacDonald's nose. The battered beak, broken last time out in a punishing loss to champion (Ruthless) Robbie Lawler, gushed blood like a Texas oil strike.

"I don't know what it was, I was just trying to throw combinations and tuck my head. But something landed," MacDonald said of the moment his nose was breached by Thompson. "And then I felt the waterfall start, the familiar feeling."

On the other side of the post-fight podium sat Thomson in a pristine white shirt. Aside from a slight mark around his eye, he looked as clean as his shirt.

For MacDonald (18-4-0), it's back to the drawing board after a visit to a surgeon. The B.C. native, who trains out of Montreal, is out of contract with the UFC, having rejected their offer for a new deal and gambling that a good performance against Thompson would help the numbers.

For Thompson, the world is his oyster as the No. 2 welterweight contender — he will undoubtedly supplant MacDonald as No. 1 in the next rankings — awaits a July 30 bout between showdown between Lawler and No. 3 contender Tyron Woodley.

Thompson (13-1-0) continues his rise up the ranks. The 33-year-old South Carolina native has won seven straight since losing a unanimous decision to Matt (The Immortal) Brown at UFC 145 in April 2012. Brown took him down five times that night, beating him up on the ground. Thompson has not been taken down since, stuffing all 14 attempts including two by MacDonald.

Changing stances while moving inside and out against MacDonald, Thompson connected on 110 of 259 significant strikes Saturday night. The Canadian, never finding his comfort zone, was good on just 61 of 152 and was outstruck each round.

The judges scored the bout 50-45, 50-45, 48-47 for Thompson. The UFC will probably not shed a tear at Saturday's outcome. With MacDonald having already lost twice to Lawler, there is likely little appetite for a third meeting even if the first fight was a split decision — which MacDonald thought he should have won — and the second was deemed fight of the year in 2015 by many.

Saturday's loss also won't help MacDonald's contract demands, at least with the UFC.

MacDonald, who says the contract impasse was a motivating factor rather than a distraction, made no excuses for the loss.

"I really felt at my best ... I felt in my best shape, technically and physically, mentally."

THE CANADIAN PRESS

Stephen 'Wonderboy' Thompson won a unanimous decision over Rory 'Red King' MacDonald in a battle of top welterweight contenders Saturday night. THE CANADIAN PRESS/FRED CHARTRAND

> I was just trying to throw combos and tuck my head. But something landed. And then I felt the waterfall start, the familiar feeling.
>
> **Rory McDonald on when Thompson hit his nose**

GOLF

Johnson wins amid US Open confusion

All the chaos and confusion couldn't stop Dustin Johnson from proving he had the head to be a U.S. Open champion.

One year after the most devastating of all his close calls in the major, Johnson endured two hours of not knowing the size of his lead while the USGA questioned whether he should be penalized one stroke for his ball moving on the fifth green.

Johnson said it didn't. The USGA said it would wait until after the final round to decide.

America's most powerful golfer took matters into his own hands Sunday at Oakmont with a 10-foot par save on the 16th hole, a tee shot he smashed down the middle of the 18th fairway and an approach to 5 feet for birdie that left no doubt who won the toughest test in golf.

Only after he was guaranteed that silver trophy did the USGA assess him a one-shot penalty, turning his final score into a 1-under 69 for a three-shot victory.

Shane Lowry, who began the final round with a four-shot lead that he lost on the front nine, caught him when Johnson made his only bogey on the back nine. Were they tied? Was Johnson one shot behind? No one knew.

Johnson played through it all, thinking only of that silver trophy that got away from him at Chambers Bay last year when he had a 12-foot eagle putt to win and then three-putted for par to lose by one to Jordan Spieth.

Lowry lost his putting touch that had carried him to the lowest 54-hole total at Oakmont. He three-putted from long range on three straight holes, and Johnson was flawless at the end. Johnson finished at 4-under 276.

THE ASSOCIATED PRESS

NHL

No Hockey Night return for Strombo

George Stroumboulopoulos won't return as host of Hockey Night in Canada next season, sources tell Torstar News Service.

His replacement will be the man he replaced. Industry insiders say Ron MacLean is expected to return to the show's No. 1 seat just two seasons after Stroumboulopoulos was hired with much fanfare in the wake of Rogers' $5.2-billion acquisition of NHL broadcasting rights.

George Stroumboulopoulos, left, and Ron MacLean.
BOTH GETTY IMAGES

Prior to that, MacLean occupied the job from 1986 until 2014.

THE ASSOCIATED PRESS

ONLINE

Go to metronews.ca for coverage of Game 7 of the NBA Finals

SOCCER

Swiss join France in last 16 after 0-0 draw

EURO 2016
GROUP STAGE

France and Switzerland settled for a 0-0 draw that suited both sides. Switzerland matched France for possession to secure second place behind the host nation in Group A — and seal its first appearance in the knockout stages of the European Championship.

France had the better of the scoring chances, with midfielders Paul Pogba and Dimitri Payet hitting the crossbar. Meanwhile, Albania kept its hopes alive of qualifying for the knockout stages with a 1-0 win over Romania on Sunday, a result that eliminated its opponent.

The team will have to wait until the group stage has been completed before it finds out whether it will be one of the four third place teams to make it through to the round of 16.

THE CANADIAN PRESS

FACT

Ireland's Shane Lowry was the first person since Payne Stewart of the USA in 1998 to lose a four-shot lead in the final round of the US Open.

RECIPE Slow Cooker Pulled Pork

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't put your slow cooker away for the summer — nothing keeps your kitchen cooler. This recipe yields enough pork for two dinners. Read tomorrow for the follow-up recipe!

Ready in
Prep time: 30 minutes
Cook time: 8 hours 30 minutes
Makes 8 to 10 servings

Ingredients
- 1 3 to 4lb. boneless pork shoulder blade roast
- ¼ cup brown sugar
- 4 tsp salt
- 4 tsp chili powder
- 2 tsp dried mustard powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp ground black pepper
- 1/2 tsp cinnamon
- 1/4 tsp ground nutmeg
- 2 tsp vegetable oil
- 1/2 cup apple cider vinegar
- 1/2 cup orange juice
- 3 Tbsp tomato paste
- 6 brioche buns

Directions

1. In a small bowl, combine 2 Tbsp of brown sugar, salt, chili powder, dried mustard powder, cumin, garlic powder, black pepper, cinnamon and nutmeg. Rub the spice mix over the pork.

2. Heat the vegetable oil in a large skillet over medium heat; add the pork and brown all sides for about 10 minutes. Remove the pork from the skillet and set aside on a plate.

3. Add 3/4 cup (185 ml) water to the skillet and whisk into the drippings. Transfer the liquid from the pan into your slow cooker. Add the vinegar, juice, tomato paste and remaining 2 Tbsp (30 ml) of brown sugar to the slow cooker and whisk. Add the pork and cover, cook on low for 8 hours.

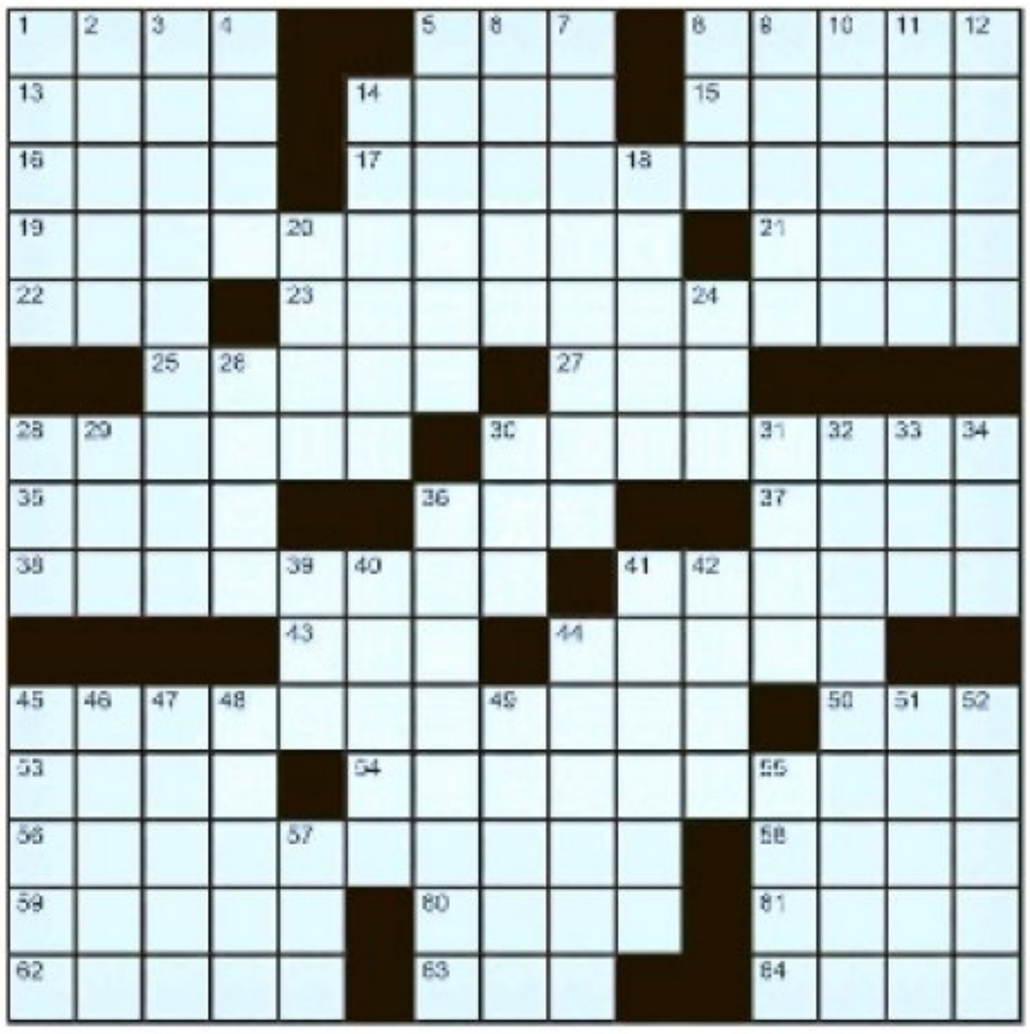
4. If the liquid does not fully cover your shoulder you'll need to turn it at the half way point. Remove the pork and transfer to a cutting board. Pour the liquid into a Dutch oven over low heat to keep it warm.

5. Shred the pork, using two forks, or roughly chop. Add the shredded meat to the Dutch oven and combine with sauce. Taste and season with salt.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Caesar's 202
5. "Meatballs" (1979) star ...his initials-sharers
8. Visibly stunned
13. Vases
14. __ du jour (Dish of the day)
15. Frasier's TV brother
16. Amble
17. Canoe stabilizers in Hawaii
19. BeaverTail or Nanaimo Bar: 2 wds.
21. Cafe au __
22. 'Mountain' suffix
23. It's new and is regarded as one of the top courses in the world by #54-Across: 2 wds.
25. Tidies, say
27. Even if, briefly
28. City in California
30. One of Canada's acting Ryans
35. Celebration
36. Scam
37. Additional
38. Tackle box item
41. Serious Skincare entrepreneur, Jennifer __ (Sylvester Stallone's wife)
43. Popular tree
44. __ __ with nature
45. Molson Canadian: 3 wds.
50. Actress Ms. Ling
53. Architect Mr. Saarinen
54. Game on the green publication: 2 wds.
56. Television spot, often: 2 wds.
58. Irish souvenir
59. John Keats, for one
60. Weight allowance
61. Ancient Dead Sea land
62. Mr. Autry's
63. Canonized Mlle.
64. Ballpark figs.

DOWN
1. Hex
2. "Gladiator" (2000) star Russell
3. Nova Scotia... #23-Across' western shores locale on Cape Breton Island
4. KT Tunstall's "Suddenly __"
5. Comments-in-snippets
6. California city, San __
7. Dorothy __ (Canadian to whom Bryan Adams' song "The Best Was Yet to Come" is dedicated)
8. Director Mr. Lee
9. Bennifer movie of 2003
10. Robert Frost poem, __ Treader
11. Font flourish
12. "Hey there..." library sounds
14. __ salad (Picnic dish)
18. Must scratch, must scratch...
20. Our national hwy.
24. Half of England's cap.
26. Bible book, e.g.
28. Tripled letter meaning 'really loud' in music
29. 1989 David Byrne album: '__ Momo'
30. Seoul's locale [acronym]
31. Its capital is Muscat
32. Hippy's necklaces: 2 wds.
33. Soft & __ (Antiperspirant brand)
34. Ott. hockey player
36. Consoles
39. She'd opposite
40. Branch of knowledge suffix
41. Dog sniffing the kibbles bag meaning: 2 wds.
42. Ms. Loughlin
44. Earlier
45. Obscure
46. Writer Charles' bookish surname
47. Mr. Shimerman of "Star Trek: Deep Space Nine"
48. Racket
49. Puffiness
51. Tie type
52. List components
55. Lea Michele's old show
57. Fire dept. ranks

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's impossible to meet the demands of home and family as well as the demands of your job and your career today because of the Full Moon. Just cope as best you can.

Taurus April 21 - May 21
This is an accident-prone day for your sign because of the high emotions due to the Full Moon today. The key to avoiding an accident is to stay mellow and calm.

Gemini May 22 - June 21
Disputes about money, shared property and inheritances might arise today. Wait a few days, and this conflict will diminish considerably. (Full Moon today.)

Cancer June 22 - July 23
Today the only Full Moon opposite your sign all year is taking place. This is why relations with partners and close friends are so testy and challenging! Mum's the word.

Leo July 24 - Aug. 23
Be easygoing and understanding with co-workers today, because today's Full Moon energy puts everyone on edge. A little patience can go a long way.

Virgo Aug. 24 - Sept. 23
Parents should be patient with their kids today because of the Full Moon energy. Meanwhile, this same advice applies to romantic partners. Oh yeah.

Libra Sept. 24 - Oct. 23
A family member might make demands on your time today; nevertheless, you have to focus on work. This is a tough choice, and you have to make it.

Scorpio Oct. 24 - Nov. 22
Travel plans might be stressed. People are on edge because of the Full Moon today. Avoid controversial subjects like politics, religion and racial issues.

Sagittarius Nov. 23 - Dec. 21
This is not a good day to address financial disputes or arguments about inheritances and shared property. Wait until the Full Moon is over. (Even tomorrow is a better day.)

Capricorn Dec. 22 - Jan. 20
Today the only Full Moon in your sign all year is taking place. This is why you feel so much emotion within you! Take caution about overreacting with others.

Aquarius Jan. 21 - Feb. 19
Be patient with co-workers and clients today, because everyone can feel the Full Moon energy. Tomorrow is a much easier day. Just coast today.

Pisces
Feb. 20 - March 20
Romantic partners might be at odds today because of the Full Moon energy. However, even friends might have disputes. Stay mellow, because this is so temporary.

CONCEPTIS SUDOKU by Dave Green
Every row, column and box contains 1-9

		6						3
				5		4	9	
1					7			
	7	8	9				5	
	4				8	1	6	
			4					7
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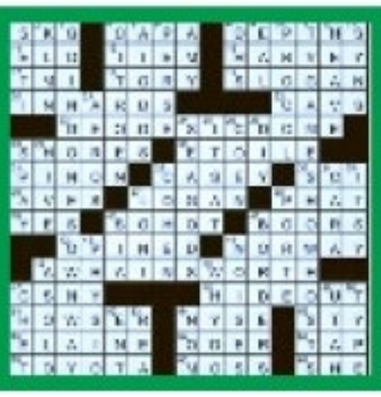
9						3		

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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6	4	7	2	8	9	3	1	5
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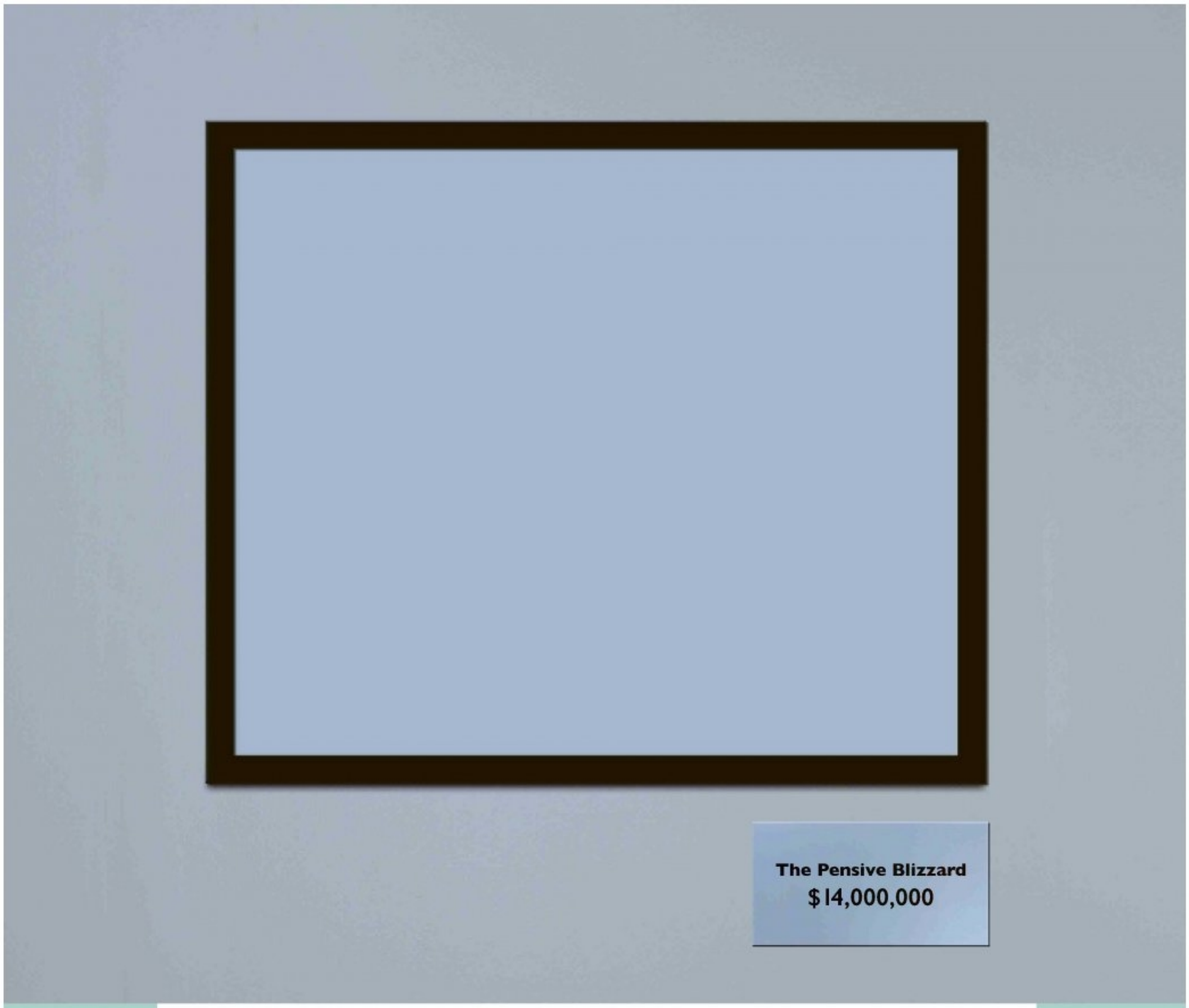

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